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## A Meal in One Dish

Ardith Wick

*Iowa State College*

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## Coeds Plan Their Rooms

(Continued from page 1)

even be a literary trend or a keen interest in babies.

When these roommates continued the "We're not settled yet, but . . ." it was evident that they both were interested in nature. Plants are to be added to their rooms—in bright colored pots. Ivy and wandering jew it'll be at first, for, the one girl reasons, they grow easily and rapidly. And also a bouquet of bittersweet because not only is it inexpensive, but it adds interesting color. Then in time for final exams they hope to have bulbs blooming. One of the roommates hints that the flowers might help her through exams, brighten her spirits, perhaps.

"Bumps mustn't have a broken leg. Here, shove in some more filling." This conversation heard down the hall corridor. And Bumps turned out to be a gingham dog in the making. The roommates needn't have bothered to explain that they had an especial liking for dogs, for Bumps was only one of their dog kingdom. Already there were dog bookends, dog pictures, dog this and dog that in the room.

Another girl was taking her stretching exercises—hanging this and that, including souvenirs from her summer's vacation trip.

Collecting hobbies crop out in one way or another, inexpensively, too. One girl, particularly fond of poetry, is satisfying her interest without spending a cent. For years she has collected poetry here and there, and now she is clipping copies of her favorites to the edge of the blotter on the study desk. Her roommate is interested in art and has offered to exchange some of her illustrative sketches for verse. They have already made all sorts of plans . . . a change every seven days, an occasional mounting of the verse on scraps of colored paper . . . and as with the other girls more plans are sure to come later.

Have you ever eaten pumpkin corn bread, or squash rolls or biscuits? These are delicious ways to serve fall favorites.

In general, the lighter colored honeys are milder in flavor and darker honeys are more spicy and pungent. The milder flavored honeys are clover, orange blossom, alfalfa or sage.

A few hints for making a good pumpkin pie: It is very important to cook the pulp dry. A good custard base of milk, eggs and sugar is essential. Seasoning—a combination of cinnamon, allspice and mace—should be discreetly used.



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## A Meal in One Dish

By Ardith Wick

ONE of those dishes that can be served as a whole meal—who doesn't appreciate them? And tuna fish, often over-looked, can act in just that capacity as a pleasant variation.

A salad in which tuna fish is the main ingredient can easily serve as the mainstay for the family, especially in the summer time. In combination with macaroni or spaghetti, hard cooked eggs, mayonnaise, and other odds and ends that may be added, tuna makes an attractive as well as a "filling" dish. Cabbage, potatoes, or peas may also be used.

For cooler days, tuna and a white sauce offer many possibilities. A mock chicken a la king may be concocted by the addition of pimento and mushroom. When the white sauce and tuna are served with baking powder biscuits, a very favorable substitute for chicken pie is obtained, especially if onion and celery seed have been used effectively in the sauce. Tuna is well named chicken of the sea.

In addition to the numerous variations that depend on the originality of the one who does the cooking is the question of price. It is a pleasant surprise to find that tuna fish, which is often considered expensive, really does not cost so much—not more than salmon—and, using such recipes as the above, a 25 cent can will serve six. So try tuna sometime—you'll like it.

Highly refined flour requires less fat.

Searing does brown the roast and gives a delicious flavor to the outside slices and the gravy.

A roast put in the pan with the fat side up bastes itself as the fat melts and cooks out of the meat.

Kitchen shelves and tables which are covered with linoleum look attractive, do not absorb grease or water, and cause less breakage, since linoleum has a spring quality.

In the early years of the college every student was required by law to labor 2½ hours each day throughout the college year. The young women worked in the laundry, the dining room and the kitchen.

Here's a new use for all those blotters that are continually being left on your doorstep by cleaners, tailors, and assorted tradesmen. Use them instead of brown paper to drain things on—sardines, croquettes, codfish balls, or anything fried in deep fat.